

## Nutrition Facts

### Valeur nutritive

Serving Size (146 g) / Portion (146 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 140	
<b>Fat / Lipides</b> 3 g	<b>5 %</b>
Saturated / saturés 0.4 g	<b>2 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 45 mg	<b>2 %</b>
<b>Carbohydrate / Glucides</b> 23 g	<b>8 %</b>
Fibre / Fibres 4 g	<b>16 %</b>
Sugars / Sucres 8 g	
<b>Protein / Protéines</b> 7 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	6 %
Iron / Fer	10 %